

## 2 DAY ALTERNATIVE PREP

### \_\_\_\_\_ 2 DAY CLEAR LIQUID PREP

- DRINK ONLY CLEAR LIQUIDS **2 FULL DAYS** PRIOR TO YOUR PROCEDURE
- TWO DAYS PRIOR TO YOUR EXAM, AT 5 PM, TAKE TWO ( 2 ) 5 MG DULCOLAX TABLETS WITH 2 LARGE 10 OZ GLASSES OF WATER. WAIT 1 HOUR, THEN DRINK ONE ( 1 ) 10 OZ. BOTTLE OF MAGNESIUM CITRATE. THESE ARE DONE **TWO DAYS PRIOR** TO YOUR COLONOSCOPY.
- **REPEAT** AS ABOVE **ONE DAY** PRIOR TO YOUR COLONOSCOPY. CONTINUE TO MAINTAIN A CLEAR LIQUID DIET.
- 5 HOURS BEFORE PROCEDURE DRINK A THIRD 10 OZ BOTTLE OF MAGNESIUM CITRATE, ALONG WITH 12 OZ OF WATER OR CLEAR BEVERAGE. THIS IS DONE ON THE **SAME DAY** AS YOUR COLONOSCOPY AND NEEDS TO BE COMPLETED 4 HOURS PRIOR TO YOUR COLONOSCOPY.

THIS PREP SHOULD NOT BE DONE IF YOU HAVE BEEN DIAGNOSED WITH SIGNIFICANT KIDNEY DISEASE, HEART FAILURE OR HAVE SIGNIFICANT ELECTROLYTE ABNORMALITIES.

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